HEINZ BEAN RECIPES

Try all five kinds of Heinz Beans which are available in the following sizes.

5 oz. Beans in Tomato Sauce

8 oz. " " " "

15 oz. " " " "

20 oz. " " " "

15 oz. Beans with Pork and Tomato Sauce

20 oz. " " " " " "

15 oz. Red Kidney Beans with Pork

15 oz. Beans with Pork and Molasses Sauce

8 oz. Beans with Wieners

15 oz. " " "

Heinz Bean Recipes

- Inexpensive
- Tasty
- Unusual
- Satisfying

Distributed with the Compliments of

H. J. HEINZ COMPANY OF CANADA, LTD.

HEAD OFFICE—LEAMINGTON, ONTARIO

BAKED BEAN AND PORK CHOP CASSEROLE

1 20-ounce can Heinz Beans in Tomato Sauce *or* with Pork and Tomato Sauce
½ cup chopped onion
½ teaspoon salt
2 tablespoons Heinz Tomato Ketchup
3 medium size pork chops

Heat oven to 350° F. Combine first 4 ingredients. Pour into 1 quart casserole. Brown pork chops in skillet. Place on top of beans. Bake, uncovered, in moderate oven (350° F.) 1 to 1¼ hours or until meat is tender. Makes 3 servings.

BOSTON BEAN, TOMATO, AND CHEESE CASSEROLE

1 15-ounce can Heinz Beans, Boston Style
1 tomato, sliced
½ teaspoon salt
⅛ teaspoon pepper
½ cup grated process sharp cheese

Heat oven to 375° F. Turn beans into 1 quart casserole. Arrange tomato slices on top and sprinkle with salt and pepper. Sprinkle grated cheese over top and fill tomatoes. Bake in a moderately slow oven (325° F.) 25 minutes or until tomatoes are tender. Makes 5 servings.

CHEESY BEAN RAREBIT

1 15-ounce can Heinz Beans in Tomato Sauce
¼ lb. (1 cup) grated process sharp cheese
1 tablespoon butter
1 teaspoon Heinz Worcestershire Sauce
½ cup milk
4 slices toast

Heat beans in a saucepan. In top of double boiler, heat cheese, butter, Worcestershire sauce, and milk until cheese is melted. Serve beans on slices of toast topped with cheese sauce. Makes 4 servings.

TOMATO BEAN DRESSING

¾ cup Heinz Beans in Tomato Sauce
2 teaspoons Heinz Cider Vinegar
¼ cup finely chopped celery
2 tablespoons minced onion
¼ teaspoon salt
3 tablespoons salad dressing

Mash beans. Combine with remaining ingredients. Chill. Serve on lettuce wedges. Makes 1 cup.

CASSOAULET

½ lb. small link sausages
2 tablespoons chopped onions
½ cup water
½ bay leaf
½ peeled clove garlic
¼ cup Heinz Chili Sauce
1 20-ounce can Heinz Beans with Pork and Tomato Sauce

Heat oven to 350° F. Sauté sausages in skillet until brown. Drain off excess fat. Add onions and brown lightly. Add water, bay leaf, and garlic. Simmer, uncovered, 10 minutes. Remove bay leaf and garlic. Turn chili sauce, beans, and meat mixture into a 1 quart casserole. Bake in moderate oven (350° F.) 45 minutes or until beans are hot. Makes 3 to 4 servings.

WESTERN BAKED BEANS

¼ lb. ground round steak
½ cup chopped onions
1 tablespoon fat, shortening or salad oil
1 teaspoon salt
Dash pepper
½ cup Heinz Tomato Ketchup
1 tablespoon Heinz Cider Vinegar
1 tablespoon Heinz Prepared Mustard
1 20-ounce can Heinz Beans in Tomato Sauce

Heat oven to 400° F. Brown steak and onions in fat in skillet. Add remaining ingredients and mix well. Turn into 1 quart casserole. Bake in moderately hot oven (400° F.) 25 minutes or until beans are hot. Makes 3 to 4 servings.

BAKED BEAN GOULASH

⅓ cup minced onion
2 tablespoons fat, shortening, or salad oil
2 tablespoons flour
1 cup canned or cooked tomatoes
¾ teaspoon sugar
½ teaspoon salt
Dash pepper
1 15-ounce can Heinz Beans, Boston Style

Brown onion in fat in skillet. Stir in flour. Add tomatoes and next 3 ingredients; cook, stirring constantly, until thickened. Add beans and mix well. Heat thoroughly. Makes 4 servings.

BAKED BEANS WITH SPICY WIENERS

1 20-ounce can Heinz Beans in Tomato Sauce *or* with Pork and Tomato Sauce
1 tablespoon minced onion
1 tablespoon brown sugar
¼ cup Heinz Chili Sauce
½ teaspoon salt
6 wieners (frankfurters)
6 whole cloves

Heat oven to 350° F. Combine first 5 ingredients. Insert a clove in each wiener. Arrange 3 wieners in bottom of 1½ quart casserole. Pour bean mixture over wieners. Top with remaining wieners. Bake in moderate oven (350° F.) 30 minutes or until beans are hot. Makes 3 servings.

BAKED BEANS, DAIRY STYLE

2 15-ounce cans Heinz Beans in Tomato Sauce, with Pork and Tomato Sauce, *or* Boston Style
¼ cup thick sour cream
1½ cups grated process sharp cheese

Heat oven to 350° F. Combine beans, sour cream and 1 cup of the cheese. Pour into 1½ quart casserole. Sprinkle remaining ½ cup cheese over top of beans. Bake in moderate oven (350° F.) 40 minutes or until beans are hot and cheese is melted. Makes 6 servings.

QUICK BRUNSWICK STEW

1 lb. veal steak, cut into 1" pieces
¼ cup chopped onion
¼ cup fat, shortening, or salad oil
1 No. 2 can tomatoes (2¼ cups)
1 No 2 can whole kernel corn, drained (1¾ cups)
1 15-ounce can Heinz Beans in Tomato Sauce *or* with Pork and Tomato Sauce
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons flour
3 tablespoons water

In a Dutch oven or skillet brown veal and onion in fat. Add next 5 ingredients and simmer, covered, for 30 minutes, uncovered for 15 minutes. Combine flour and water. Add to veal mixture and mix well. Cook until thickened. Makes 6 servings.

KIDNEY BEANS IN TOMATO CUPS

2 to 3 medium tomatoes
1 15-ounce can drained Heinz Red Kidney Beans
2 tablespoons minced onion
¼ cup chopped celery
2 tablespoons mayonnaise
2 teaspoons Heinz Distilled White Vinegar

Cut thin slices from stem end of tomatoes and remove pulp. Sprinkle tomato cups with salt. Combine remaining ingredients. Fill tomato cups and chill. Serve on watercress. Makes 2 to 3 servings.

BEAN CLUB SANDWICH

12 to 14 slices bacon
1 15-ounce can Heinz Beans in Tomato Sauce
⅓ cup minced onion
2 teaspoons Heinz Worcestershire Sauce
18 to 21 slices bread, toasted
Mayonnaise
Lettuce
2 slices tomato for each sandwich

Fry bacon until crisp. Drain. Mash beans until all beans are partially broken. Add onions and Worcestershire sauce; mix well. Spread 1 slice toast with mayonnaise. Arrange lettuce, bacon, and tomatoes on toast. Cover with second slice of toast and spread with bean mixture. Cover with third slice of toast. Cut diagonally. Serve with pickles. Makes 6 to 7 sandwiches.

STUFFED TOMATOES-HEINZ BEANS WITH SLICED WIENERS

5 large tomatoes
4 slices of bacon diced
¾ cup chopped green pepper
1 can (or tin) of Heinz Beans with Sliced Wieners
½ teaspoon salt
⅛ teaspoon pepper

Heat oven to 325° F. (moderate). Cut a slice from stem end of tomatoes and scoop out pulp. Drain pulp. Sauté bacon until crisp. Remove from skillet, then sauté green peppers in bacon fat. Combine bacon, green peppers, beans, drained pulp and seasoning. Fill tomatoes with this mixture. Bake in 325° oven for 25 minutes or until tomatoes are tender. Makes 5 servings.

CHILI CON CARNE (1)

1 lb. ground round steak
1 medium onion, chopped
1 tablespoon fat
1 15-ounce can Heinz Red Kidney Beans with Pork
1 10-ounce can Heinz Condensed Cream of Tomato Soup, undiluted
⅔ cup water
1 teaspoon salt
1 to 2 teaspoons chili powder
1 teaspoon Heinz White Vinegar, if desired

Brown steak and onion in fat. Add remaining ingredients. Simmer, stirring occasionally, 10 to 15 minutes or until desired consistency is obtained. Makes 5 to 6 servings.

CHILI CON CARNE (2)

¼ lb. ground beef
3 tablespoons chopped onion
1 tablespoon fat
1 15-ounce can Heinz Red Kidney Beans, drained
½ teaspoon chili powder
⅓ cup Heinz Chili Sauce
⅓ cup water
1 teaspoon Heinz Cider Vinegar

Brown beef and onion in fat. Add remaining ingredients. Simmer, stirring occasionally, 10 to 15 minutes. Makes 2 servings.

COMBINATION BAKED BEAN CASSEROLE

1 20-ounce can Heinz Beans with Pork and Tomato Sauce
1 15-ounce can Heinz Red Kidney Beans
Heinz Tomato Ketchup
3 large slices of bacon

Arrange beans in 1½ quart casserole in alternate layers. Spread a small amount of ketchup over each layer. Cut bacon slices in half and notch edges to prevent curling. Arrange over top of beans and bake in a moderate oven (375° F.) 35 minutes. Makes 6 servings.

BAKED KIDNEY BEAN CASSEROLE

2 15-ounce cans Heinz Red Kidney Beans
2 tablespoons chopped onion
1 tablespoon Heinz Prepared Yellow Mustard
½ cup Heinz Tomato Ketchup
4 teaspoons Heinz Cider Vinegar
2 tablespoons brown sugar
2 strips bacon

Combine all ingredients except bacon and place in 1½ quart casserole. Cut bacon in half and arrange on top. Bake in a moderate oven (375° F.) 40 minutes. Makes 6 servings.

TOMATOES STUFFED WITH BAKED BEANS

5 large tomatoes
6 slices bacon, diced
1½ cups chopped green pepper
1 15-ounce can Heinz Beans in Tomato Sauce *or* with Pork and Tomato Sauce
½ teaspoon salt
⅛ teaspoon pepper

Heat oven to 325° F. Cut a slice from stem end of tomato and scoop out pulp. Drain pulp. Fry bacon until crisp. Remove from skillet and brown green pepper in bacon fat. Combine bacon, green pepper, beans, drained pulp, and seasonings; fill tomatoes. Bake in a moderately slow oven (325° F.) 25 minutes or until tomatoes are tender. Makes 5 servings.

KIDNEY BEAN SALAD (1)

1 15-ounce can Heinz Red Kidney Beans
3 strips bacon
⅓ cup minced onion
1 medium apple, pared, cored, and finely diced
1 cup finely chopped green pepper
2 slices Canadian cheese, finely diced
2 teaspoons Heinz Cider Vinegar

Drain kidney beans. Fry bacon until crisp. Drain, then break into small pieces. Add bacon and remaining ingredients to beans and mix thoroughly. Chill. Serve in nest of lettuce with mayonnaise. Makes 4 servings. A good main dish salad.

KIDNEY BEAN SALAD (2)

1 15-ounce can Heinz Red Kidney Beans
4 Heinz Preserved Sweet Pickles, chopped
3 hard-cooked eggs, sliced (save 6 slices for garnishing)
½ cup chopped celery
2 tablespoons finely chopped onion
1 teaspoon salt
1 teaspoon Heinz Cider Vinegar
3 to 4 tablespoons mayonnaise

Drain beans. Add remaining ingredients and mix carefully. Chill. Serve in lettuce nests and garnish with egg slices and parsley. Makes 5 servings.

ALL-BRAN MOLASSES HOT BREAD

1 cup All-Bran
½ cup seedless raisins
2 tablespoons shortening
½ cup molasses
¾ cup hot water
1 egg
1 cup sifted flour
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon (if desired)

1. Measure All-Bran, raisins, shortening, molasses into mixing bowl. Add hot water, stir until shortening is melted. Add egg; beat well.
2. Sift together flour, soda, salt, cinnamon; add to All-Bran mixture, stirring only until combined.
3. Fill 2 greased cans (Heinz Bean Cans) about ⅔ full. Bake in moderate oven (350° F.) about 45 min. (or in 8 x 8 in. pan, 350° F., 35 min.) Serve at once.

Additional copies of this booklet may be obtained free of charge. Write to:

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